



EIFFEL REACH

5m 14s

Let's focus on stretching your upper body, with Eiffel Reach.



Movement	Seated modifications	Other modifications	Progressions	Watch points
Bat Hang	Stretch your body out (towards the ceiling) and then bend over to touch your toes.		* In the Bat Hang position, hold your ankles and gently pull your body closer to your legs. * Start standing, with your left foot crossed over the right. Do the Bat Hang with your legs crossed like this.	* Knees straight
Eagle Twist	Just do the upper body part of the Eagle Twist	Raise your left arm out in front of you. Use your right forearm to gently pull your left arm across your body and towards your chest. Hold for 5 deep breaths, then switch sides. Do the Eagle Twist standing on two feet (instead of lifting one foot).	Try the Eagle Twist with your: - Eyes closed, to challenge your balance, or - Foot lifted higher off the floor and twisted around the opposite leg	* Standing tall (chest upright) * Shoulders down and neck relaxed * Focusing on something still (at eye height in front of you) * Breathing deeply



Movement	Seated modifications	Other modifications	Progressions	Watch points
Orangutan Stretch	Reach your left arm up above you and lean your upper body over to the right. Push your left hip down and away from your left arm if you can. Hold for 5 deep breaths and switch sides.	Stand with feet hip-width apart on the floor and do the upper body part of the Orangutan Stretch.		* Hips, shoulders and arm facing straight ahead (not leaning forwards) * Bottom hand pushing into your leg
Meerkat Mission	Massage the top of your legs with your elbows.	Do Meerkat Mission while holding a sturdy desk or wall to help you balance Lie on your side with straight legs and knees together. Bend your top knee and pull your foot up towards your bottom. If it's too tricky to balance, do this stretch lying on your tummy instead.	Try Meerkat Mission with your eyes closed, to challenge your balance	* Standing up tall, like a meerkat * Neck and shoulders relaxed * Bottom tucked under * Knees together
Peacock Pose	Lean forward from your hips with your back straight. Clasp your hands behind your back. Lift your arms as high as you can (with back straight and chest proud).		Try doing the Peacock Pose balancing on one foot	* Standing tall (chest upright) * Shoulders down and neck relaxed